

THE STRONGEST MAN in the WORLD—Who Doesn't Eat Meat!



The Mighty Ram Murti and the Vegetable Diet Described by an Enthusiastic Hindu Student Who Explains How to Get Strong.

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IN India today lives the strongest man in the world—Ram Murti Naidu. He has proved his superhuman strength before huge Hindu and European audiences and in India he is greeted as a great national hero. That is the secret of his tremendous feats of strength.

Ram Murti Naidu is 6 feet 6½ inches tall and

RAM MURTI
NAIDU,
India's Strong
Man, Who
Lives on Vegetables



weighs about 270 pounds. His chest measurement is 54 inches, and he has an expansion of nine inches. He can swim for two hours continuously and can run 12 miles at a stretch.

As a test of his great strength Ram Murti has a heavy iron chain passed around his shoulders and the two ends of it bound to a heavy post. He then slowly lifts his shoulders and the chain breaks in two.

As another test of his great strength Ram Murti has a granite elephant, weighing about four tons, enter the ring. A thick plank is then placed over Naidu's chest and abdomen and the elephant gently walks on it and after seeing him for several minutes walks off. Naidu immediately jumps to his feet

and smilingly greets his audience as unconcerned as if nothing had happened.

One of the most startling exhibitions of Naidu's feats of strength is his act of "stopping a motor car." By sheer force of mental and physical strength he holds back a 12-cylinder automobile.

At one of Naidu's exhibitions an Englishman, not relying on Naidu's automobile, offered his own car and promised the strong man a great sum of money and the automobile if he could hold back the machine. Ram Murti promptly accepted the challenge. A strong rope was encircled around his waist and tied to the automobile. Then he asked the Englishman to drive the machine. All the power was turned on and Ram Murti was carried several feet, but he merely smiled, for he was simply testing the strength of the rope. Then he made his stand and the fast-moving automobile immediately was checked in its full motion. The wheels spun round with terrific speed, but the car itself did not move forward even an inch.

Living Without Meat Food.

Some Americans are apt to jump to the conclusion that this Hindu giant of strength eats nothing but the very best of chops and steaks, rare game, birds and fresh eggs by the dozen. Well, if you think so, you are entirely mistaken. Naidu never eats meat of any kind, neither fish, not even eggs. He is purely a vegetarian.

In the morning Naidu takes a drink made of almond paste, sugar, spices and cold water. His principal meal, which he eats at 10 o'clock in the morning, consists of a quarter-pound of boiled rice, vegetable curry, lentil or pea soup. He eats plenty of clarified butter with all his dishes. He never drinks tea, coffee or liquor of any kind. He is very fond of cold water, of which he drinks in abundance.

At 4 P. M. Naidu takes his favorite pudding made of honey, cream, butter and sugar. Along with the pudding he takes a drink made of milk, wheat bran, almonds and sugar.

After his performances at night Naidu takes a little rice, vegetable curry and lentil soup, the whole weighing not more than a quarter of a pound.

As a boy Ram Murti Naidu was a sickling. The reading of the lives of historical strong men in-

spired him to become a physical giant. At first he took on the western method of dumb-bell and bar exercises, but soon discovered that his constitution was not suited for that kind of exercise. Consequently he adopted the Hindu system of ground exercises. Constant and regular exercise and bulldog pertinacity and, above all, his strong mind, turned him from a weakling into a physical marvel. By personal experience he discovered that it was neither food nor the form of exercise that made a man strong, but that it was the mind that developed the muscles. Naidu says he believes, as did Napoleon, that it is mental strength, mental energy and control of the mind that make a man strong and that a weak mind can never expect to develop a strong body.

Naidu's life and strength bear testimony to his theory. Every day for about two hours he practices concentration and meditation and also the different breathing exercises to increase his power of oxygenation.

Naidu's control of breath and power of concentration help him to localize his energies in that part of his body where they are most needed. When he snags a heavy iron chain, holds a four-ton elephant on his chest or holds back a 12-cylinder automobile, he drives by sheer force of mind his power of resistance to that part of his body where it is most needed.

The life and career of Ram Murti Naidu give a lie direct to the superstition that none can expect to be strong who do not gorge on meat morning, noon and night.

Americans Eat Too Much.

Americans should eat less meat and more of rice, beans, vegetables, nuts and fruits. This is today not only a patriotic, but it is a personal duty as well, for in this way can everyone increase his personal magnetism and strength.

As a Hindu I feel that you Americans eat too much. From your early childhood you have been reared on meat, meat and more meat—bacon in the morning, lamb chops at lunch and beef steak



"Americans Eat Too Much," Says Basauta Koomar Roy.

or chicken at dinner. If you do not eat meat you feel that you have not eaten at all.

I come from a country where plain living and high thinking is the motto of human life. Our great sages of olden days—days as far back as 2000 or 3000 years before Christ—lived not in palaces or luxurious cities, but in cottages by a river, in a forest or on the top of a mountain and ate neither much nor luxurious dishes. Sir Rabin-drath Tagore, whose books of poems are being bought in America like the best selling novels, is a vegetarian. He lives mostly on rice and other vegetables.

The Elephant Eats No Meat.

When you think in the afternoon that you are feeling weak because you could not afford to have lamb chops for lunch, but had plenty of vegetables and beans or rice, you are just creating a mental condition which reacts on the physical. Meat is not absolutely necessary to make one strong. Look at an elephant. It is huge, and strong, of course, but it eats no meat. It draws its nourishment and strength from grass and vegetables, fruits and foliage. The elephant is purely a vegetarian. So is the horse, the rhinoceros and the bull. And no animal can surpass the bull in vital endurance—even in fighting ferocity.

There are races of men, too, who are mostly vegetarian, and they, too, are strong and healthy and have unquestionable power of endurance. The Japanese at home live mostly on rice, beans and vegetables. Those who have been in Japan and have lived with the Japanese know how simple is their food and how strong their minds and bodies.

Rice for the Strong Japanese.

For breakfast the Japanese eats one, two or three bowls of rice, soya bean soup with or without potatoes, beans, cheese and pickles. For lunch he has rice, fish soup, fried fish and cooked vegetables. For dinner he takes rice, baked or raw fish and vegetables.

The Japanese in the larger cities eat meat once in a while, and in the villages almost never. It is generally thought in Europe and America that meat is necessary to give heat and endurance to soldiers. This is purely a mistaken belief. There is scarcely a colder country in the world than Manchuria. And yet, the Japanese marched, camped and fought there with all their characteristic energy and prowess and mowed down in a whirling tornado of death the meat-fed and stalwart Cossacks. Every Japanese soldier carried with him a pound or two of rice and beans.

Ram Murti Performing the Feat of Supporting an Elephant on His Chest.



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